

American Red Cross Lifeguarding Classes

Blended Learning Class with Optional Waterfront Module

Anyone taking any lifeguarding course **MUST** successfully complete the pre-course requirements.

Registration fee includes a \$25 pre-course requirement test fee, which is **none refundable**.

Pre-course Requirements:

- ◆ **Must** be 15 years old by the completion of course.
- ◆ Ability to pass swim test (300 yards continuously, demonstrating breath control and rhythmic breathing) using front crawl or breaststroke. Goggles allowed.
- ◆ Tread water for two (2) minutes using only the legs (hands under arms)
- ◆ Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding brick with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles **NOT** allowed.
- ◆ Copy this link to view pre-course requirements:

<https://www.youtube.com/watch?v=2TMAbHMpsB0>

Waterfront Pre-course requirements are the same as above with the following additions.

- ◆ If taking waterfront module only, need current lifeguarding certificate.
- ◆ Swim an additional 250 yards (10 lengths) for a total of 550 yards (22 lengths).
- ◆ Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards. Goggles **NOT** allowed.

Red Cross Lifeguarding (See waterfront description below)

This course trains individuals to become a certified Red Cross Lifeguard and how to carry them out in a professional manner. You will also learn how to use surveillance techniques, rescue equipment, and how to manage a suspected spinal injury victim.

Class materials, pocket masks, whistle, and hip pack are included. Participants will be required to download the free participants manual. Participants **MUST** attend all classes and **MUST** successfully pass written and skills test to receive certification.

This is a blended learning class. There is approximately ten hours of online learning for you to do on your own, followed by the in class sessions. Once you complete the pre-course requirements you will be given information for accessing the online sessions.

Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard/CPRO/AED/First Aid certificate which is valid for 2 years.

Red Cross Waterfront Module is designed to train pool lifeguards in working non-surf beaches. You will be trained in using mask & fins, searching shallow & deep water areas, and using a rescue board. Training will occur in both pool and waterfront. Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Waterfront Training certificate.

ATTENDANCE AT ALL IN CLASS SESSIONS IS MANDATORY

Dates:	Sunday	April 30, 2:30 – 4:00 pm for pre-course requirements swimming test
	Thursday	May 11 – 5:30 pm – 9:00 pm (CPRO)
	Sundays	May 7, 14, 21 – 11:00 am – 4:30 pm (Lifeguard Classroom & Pool)
	Saturday	May 20 11:00 am – 4:30 pm (Waterfront Only Module)

Location: Aquatic & Family Center at JFK Middle School, Florence, MA 01062

Fee	Lifeguarding Only	\$290 / \$300 / \$310 (includes all materials)
	Lifeguarding with Waterfront	\$315/ \$325 / \$335 (participant needs to provide mask and fins)
	Waterfront Only	\$60/ \$70 / \$80 (participant needs to provide mask and fins)
	(need Current Lifeguard Certificate)	

Fees listed in the order of AFC Member / Resident / Non-Resident

Completed registrations accepted at the AFC at JFK Middle School 100 Bridge Road, Florence, MA 01062

Mon-Fri 4-8pm, Sat 10am-5pm and Sun 11-4:30pm (587-1046) or

at the Northampton Parks and Recreation Department 100 A Bridge Road, Florence, MA 01062

Mon-Fri 8:30am-4:30pm 587-1040

Need More Information? email jmiller@northamptonma.gov

OVER FOR REGISTRATION FORM

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Male ☐ Female ☐

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for
programs after June

Program Name	Day(s)	Start Date	Basic Fee	Non-Res Fee	Total Fee
			\$	\$	\$
			\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PARTICIPANT'S FULL NAME: _____

Male ☐ Female ☐

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for
programs after June

Program Name	Day(s)	Start Date	Basic Fee	Non-Res Fee	Total Fee
			\$	\$	\$
			\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$
Musante Beach	Non-Res Adult Family Senior Youth	Beach Pass	\$

**TOTAL
AMOUNT DUE**

\$

Pass Holder's Name(s)	Male/Female	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____
Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____